

Economic and Management Sciences Presents...

Mandela Day Fitness Challenge

“There can be no greater gift than that of giving one’s time and energy to help others without expecting anything in return”
– Nelson Mandela

In celebration of this year’s Mandela day we call on all staff and students of the EMS faculty to join us in participating in the **Mandela day fitness challenge**.

Submit a picture of your progress, whether you are running, swimming or cycling, as proof of the distance completed. This can be in the form of a treadmill screen or mobile app screenshot such as Nike running or Strata.

These activities may be completed at any location, at any time from 18 – 25 July 2021!

The academic departments in the Faculty are competing against each other – and the Heads of Department are pledging amounts per kilometer completed by staff / students. All proceeds will be donated to charity.

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